

# ABSTRACT

A container includes a bowl, a lid for the bowl, and a cup that is detachably securable to the underside of the lid. When the lid is positioned so as to cover the bowl, the cup is securable within the interior of the bowl, and when the lid is placed underneath the bowl, the bowl is supported at a height above at least a portion of the lid such that an air pocket is defined between the bowl and that portion of the lid. When the container is heated in a microwave, for example, the air pocket heats up to keep the contents of the container warm.